

# 24-HOUR TIME LOG

STAY PRODUCTIVE

Track what you're doing throughout the day to learn more about how you use time and to discover what times of day you're more or less productive.

TIME	ACTIVITY	TIME	ACTIVITY
12:00 AM		12:00 PM	
12:30 AM		12:30 PM	
1:00 AM		1:00 PM	
1:30 AM		1:30 PM	
2:00 AM		2:00 PM	
2:30 AM		2:30 PM	
3:00 AM		3:00 PM	
3:30 AM		3:30 PM	
4:00 AM		4:00 PM	
4:30 AM		4:30 PM	
5:00 AM		5:00 PM	
5:30 AM		5:30 PM	
6:00 AM		6:00 PM	
6:30 AM		6:30 PM	
7:00 AM		7:00 PM	
7:30 AM		7:30 PM	
8:00 AM		8:00 PM	
8:30 AM		8:30 PM	
9:00 AM		9:00 PM	
9:30 AM		9:30 PM	
10:00 AM		10:00 PM	
10:30 AM		10:30 PM	
11:00 AM		11:00 PM	
11:30 AM		11:30 PM	

**Petaluma:**

Zoom ID: 7077783616

Text: 833-419-0362

Email:

studentsuccess@santarosa.edu

Phone: 707-778-3616



**Santa Rosa:**

Zoom ID: 7075274410

Text: 888-343-4038

Email:

firstyearsuccescoach@santarosa.edu

Phone: 707-527-4410